

Monday, January 12, 2004

Clinic cares for TF 1 AD soldiers

Story and photo by Spc. Ryan Smith, 372nd MPAD

BAGHDAD, Iraq - - From traumas to sick call, the 501st Forward Support Battalion's aid station provides care for soldiers from the 1st Armored Division's 1st Brigade Combat Team..

The aid station, located at the battalion's Provider Forward Operating Base in Baghdad, provides Level II care, meaning it is capable of handling patients with more serious illnesses or injuries than smaller aid stations posted on for more forward units, according to Capt. Bryony Soltis, field surgeon with the 501st FSB.

In addition to equipment for typical sick call and emergency care, the aid station has an X-ray machine, lab and dental facilities. The aid station can also hold 40 patients for up to 72 hours, she said.

The aid station treats about 10 to 20 patients daily. Most patients are soldiers seeking treatment during sick call for orthopedic problems or, most recently, flu symptoms.

One good sign, Soltis said, is that the number of trauma cases in the aid station has greatly decreased. In the past six weeks, only two soldiers have required evacuation to more advanced medical facilities.

A soldier who started work at the aid station just weeks out of initial entry training, Pvt. Lisa Umberger, a medic with C Company, 501st FSB, says she has the best job she could ask for.

While the doctors diagnose patients and recommend treatment, medics such as Umberger are the first to see the patients coming through the door. They screen the patients, checking vital signs, such as temperature, heart rate and blood pressure, she said.

"We check for the little things you can't see," Umberger said.



Pvt. Lisa Umberger, a combat medic with C Company, 501st Forward Support Battalion, 1st Armored Division, checks a patient's blood pressure at the 501st FSB's aid station at Provider Forward Operating Base in Baghdad.

The medics ask the patients about their symptoms, medical history and allergies and once they are through with their screening, will brief the doctor on the patient's condition.

"The doctor will examine the patient and make her diagnosis," Umberger said. "Capt. Soltis works with me, and explains what's going on while we're with a patient."

Umberger said she is eager about her work here in Baghdad. She is excited about her future, as well, saying she is planning on becoming an emergency medical technician as a civilian or perhaps going to flight-medical school in the Army.

At any rate, she enjoys her job and likes working in Baghdad. "I'm glad I'm here," she said.

The Old Ironsides Report

January 12, 2004

News...

Iraqis Resume Violent Protests for Jobs

AMARAH, Iraq (AP) - Waves of protesting Iraqis marched against British soldiers, hurling stones and setting off homemade explosives in the southeastern city of Amarah on Sunday, a day after clashes killed six protesters and wounded at least 11. Meanwhile, Iraq's top Shiite Muslim cleric Sunday hardened his opposition to a U.S. plan to select a provisional national assembly - a possible further complication in American efforts to hand over power to Iraqis by July 1.

Baker Backed Loans That Added to Iraq Debt

WASHINGTON (AP) - Now assigned the task of reducing Iraq's debt, presidential envoy James A. Baker III once gave crucial support for continuing a billion-dollar loan program to Saddam Hussein's government that accounts for most of the money Iraq still owes the United States. As secretary of state in 1989, Baker urged the Agriculture Department to offer \$1 billion in loan guarantees for Iraq to buy U.S. farm products after Iraq said it would reject a smaller deal.

Second SARS Case Suspected in China

BEIJING (AP) - Investigators scoured a southern China apartment block Sunday, looking for clues to the possible cause of the infection of its resident, the season's only confirmed case of SARS. The new suspected infection involved a 35-year-old man in Guangdong province.

Palestinian PM Urges Pressure on Israel

QALQILIYA, West Bank (AP) - Palestinian Prime Minister Ahmed Qureia on Sunday urged the international community to pressure Israel to halt construction of its West Bank separation barrier, saying time is running out on chances for a negotiated peace settlement. Qureia toured a section of the barrier in Qalqiliya, a Palestinian town near the line with Israel that has been largely enclosed by the structure.

Second SARS Case Suspected in China

BEIJING (AP) - Investigators scoured a southern China apartment block Sunday, looking for clues to the possible cause of the infection of its resident, the season's only confirmed case of SARS. A new potential case emerged in the same region. The new suspected infection involved a 35-year-old man in Guangdong province, said Dr. Thomas Tsang, a consultant attached to the Department of Health in Hong Kong, which abuts the province.

Chaplain's thought for the day...

Leading by Example

If you try to improve one person by being a good example, you're improving two. If you try to improve someone without being a good example, you won't improve anybody. - James H. Thom

In other news...

Cuba Tightens Its Control Over Internet

By ANITA SNOW, Associated Press Writer
HAVANA (AP) -- Cuba tightened its controls over the Internet on Friday, prohibiting access over the low-cost government phone service most ordinary citizens have at home.

The move could affect hundreds, perhaps thousands, of Cubans who illegally access the Internet from their homes, using computers and Internet accounts they have borrowed or purchased on the black market.

Cuba's communist government already heavily controls access to the Internet. Cubans must have government permission to use the Web legally and most don't, although many can access international e-mail and a more limited government-controlled intranet at government jobs and schools.

Now Cubans will need additional approval to access via the nation's regular phone service. Since few Cubans are authorized to use the Internet from home - only some doctors and key government officials - the new law amounts to a crackdown on illegal users.

The law states that the move is necessary to "regulate dial-up access to Internet navigation service, adopting measures that help protect against the taking of passwords, malicious acts, and the fraudulent and unauthorized use of this service."

As for foreign firms and individuals, most are authorized to use the Internet in Cuba, usually via a more expensive telephone service charged in American dollars and already off limits to most Cubans.

E-net, the Internet service of the Cuban telephone company Etecsa, told customer Friday the new law would take effect late Saturday. It affects all other Internet service providers in Cuba as well. E-net is the largest of a handful of Internet providers in Cuba - all of them heavily monitored and controlled by the government.

Inbox Trauma: New Anti-Spam Tools Falter

NEW YORK (AP) - Software makers have spent millions of dollars developing new tools for battling spam, and a new federal anti-spam law went into effect on Jan. 1.

In the week since the law took effect, spam-filtering company Brightmail Inc. flagged 58 percent of incoming e-mail as spam, no change from December. And America Online Inc. saw a 10 percent jump in spam from overseas, possibly from spammers trying to evade U.S. law.

SAFETY TIP

CLEARING M-16, M4 AND M9

- ✓ FOLLOW PROPER CLEARING PROCEDURES
- ✓ POINT WEAPON INTO CLEARING BARREL
- ✓ REMOVE MAGAZINE
- ✓ VISUALLY INSPECT CHAMBER

COMPLACENCY CAN KILL

The Old Ironsides Report

January 12, 2004

myafn.net TV SCHEDULES: MONDAY, JANUARY 12, 2004				As of: Sunday, January 11, 2004 8:46:12 PM	
Start Time	SPORTS	ATLANTIC	SPECTRUM	PACIFIC	Start Time
00:00	COLLEGE GAMENIGHT	FOX NFL SUNDAY	MAGNUM P.I. : - PARADISE BLUES	FOX NFL SUNDAY	CNN SUNDAY 00:00
00:30	COLLEGE BASKETBALL - BIG EAST: OKLAHOMA @ CONNECTICUT	NFL - 2003 NFC DIVISIONAL PLAYOFFS: GREEN BAY PACKERS @ PHILADELPHIA EAGLES		NFL - 2003 NFC DIVISIONAL PLAYOFFS: GREEN BAY PACKERS @ PHILADELPHIA EAGLES	00:30
01:00			FAMILY TIES : - WHERE'S PAPA		MEET THE PRESS 01:00
01:30			THE COSBY SHOW : - THE BOYS OF WINTER		01:30
02:00			CHIPS : - VINTAGE '54		TIM RUSSERT 02:00
03:00	PGA TOUR - MERCEDES CHAMPIONSHIPS: FINAL ROUND		RUGRATS : - A STEP-AT-A TIME/ ANGELICA'S ASSISTANT		FOX REPORT 03:00
03:30		SEINFELD : - THE PICK	SPONGEBOB SQUAREPANTS : - WET PAINTERS / KRUSTY KRAB TRAINING VIDEO	WHEEL OF FORTUNE	03:30
04:00		THAT 70'S SHOW : - WHO WANTS IT MORE	THE SIMPSONS : - THE BART WANTS WHAT IT WANTS	THE DR. PHIL SHOW	THIS WEEK 04:00
04:30		ENTERTAINMENT TONIGHT	THE COSBY SHOW : - KNIGHT TO NIGHT		04:30
05:00			BUFFY THE VAMPIRE SLAYER : - SHOWTIME	THE OPRAH WINFREY SHOW	DATeline INTERNATIONAL 05:00
05:30		WWE SMACKDOWN!			05:30
06:00	NFL PRIMETIME		LAW & ORDER : - A LOSING SEASON	HEADLINE NEWS	60 MINUTES 06:00
06:30	SPORTSCENTER	AMERICA'S BLACK FORUM		JUDGE JUDY	06:30
07:00		MEET THE PRESS	CRITICAL RESCUE : - CAMILLE'S WRATH	ACCESS HOLLYWOOD	CNN PRESENTS 07:00
07:25				GUIDING LIGHT	07:25
08:00	NBA FASTBREAK	HEADLINE NEWS	AMERICAN CHOPPER		LARRY KING LIVE 08:00
08:13				GENERAL HOSPITAL	08:13
08:30	SPORTSCENTER	ESPNEWS			08:30
09:00		SESAME STREET	THE FIGHTING SEABEES	ZOOBOOMAFoo : - SPOTS AND STRIPES	AT LARGE WITH GERALDO RIVERA 09:00
09:30				DIGIMON: DIGITAL MONSTERS (TV-7): - GARURUMON	09:30
10:00	NFL PRIMETIME	DORA: THE EXPLORER : - THE BIG PINATA		CYBERCHASE	ACCESS HOLLYWOOD 10:00
10:30	COLLEGE GAMENIGHT	WHEEL OF FORTUNE		EVEN STEVENS : - CHOCOLATE WAR	10:30
11:00	NHL - COLORADO AVALANCHE @ CHICAGO BLACKHAWKS	THE DR. PHIL SHOW	RUGRATS : - A STEP-AT-A TIME/ ANGELICA'S ASSISTANT	JEOPARDY!	BELTWAY BOYS 11:00
11:30			SPONGEBOB SQUAREPANTS : - WET PAINTERS / KRUSTY KRAB TRAINING VIDEO	HEADLINE NEWS	FOX NEWS WATCH 11:30
11:46		THE OPRAH WINFREY SHOW			11:46
11:52				PACIFIC REPORT	11:52
12:00			THE SIMPSONS : - THE BART WANTS WHAT IT WANTS	ESPNEWS	BULLS & BEARS 12:00
12:30			THE COSBY SHOW : - KNIGHT TO NIGHT	HEADLINE NEWS	CAVUTO ON BUSINESS 12:30
12:35		GUIDING LIGHT			12:35
12:52				PACIFIC REPORT	12:52
13:00			BUFFY THE VAMPIRE SLAYER : - SHOWTIME	60 MINUTES	MSNBC 13:00
13:17		GENERAL HOSPITAL			13:17
13:30	SPORTSCENTER				13:30
14:00		HEADLINE NEWS	LAW & ORDER : - A LOSING SEASON	NYPD BLUE : - BOTTOMS UP	14:00
14:30		JUDGE JUDY			14:30
15:00	COLLEGE BASKETBALL - ACC: DUKE @ VIRGINIA	TODAY	CRITICAL RESCUE : - CAMILLE'S WRATH	WITHOUT A TRACE : - HE SAW, SHE SAW	GOOD MORNING AMERICA 15:00
16:00			AMERICAN CHOPPER	HEADLINE NEWS	16:00
16:22				PACIFIC REPORT	16:22
16:30				TONIGHT SHOW WITH JAY LENO	16:30
17:00	COLLEGE BASKETBALL - ACC: GEORGIA TECH @ NORTH CAROLINA	ZOOBOOMAFoo : - SPOTS AND STRIPES	THE FIGHTING SEABEES		HEADLINE NEWS 17:00
17:30		DIGIMON: DIGITAL MONSTERS (TV-7): - GARURUMON		THE LATE SHOW WITH DAVID LETTERMAN	CHANNEL ONE 17:30
17:45					ABC WORLD NEWS THIS MORNING 17:45
18:00		CYBERCHASE			THE EARLY SHOW 18:00
18:30		EVEN STEVENS : - CHOCOLATE WAR		ACCESS HOLLYWOOD	18:30
19:00	SPORTSCENTER	JEOPARDY!	RUGRATS : - A STEP-AT-A TIME/ ANGELICA'S ASSISTANT	GHOST DAD	19:00
19:30		HEADLINE NEWS	SPONGEBOB SQUAREPANTS : - WET PAINTERS / KRUSTY KRAB TRAINING VIDEO		19:30
20:00		ESPNEWS	THE SIMPSONS : - THE BART WANTS WHAT IT WANTS		MSNBC 20:00
20:30	NFL PRIMETIME	HEADLINE NEWS	THE COSBY SHOW : - KNIGHT TO NIGHT		20:30
21:00	MOTORCYCLE RACING - 2004 THQ SUPERCROSS GP (125CC) PHOENIX	60 MINUTES	BUFFY THE VAMPIRE SLAYER : - SHOWTIME	SHENANDOAH	21:00
22:00	ESPNEWS	NYPD BLUE : - BOTTOMS UP	LAW & ORDER : - A LOSING SEASON		DATeline NBC 22:00
22:30	ESPNEWS				22:30
23:00	MOTORCYCLE RACING - 2004 THQ SUPERCROSS GP (250CC) PHOENIX	WITHOUT A TRACE : - HE SAW, SHE SAW	CRITICAL RESCUE : - CAMILLE'S WRATH	ESPNEWS	HEADLINE NEWS 23:00
23:30				HEADLINE NEWS	INSIDE POLITICS 23:30

Today in history... Jan. 12, 1984

PYRAMID MYSTERY UNEARTHED

(HISTORYCHANNEL.COM) On this day, an international panel overseeing the restoration of the Great Pyramids in Egypt overcomes years of frustration when it abandons modern construction techniques in favor of the method employed by the ancient Egyptians.

Located at Giza outside Cairo, some of the oldest manmade structures on earth were showing severe signs of decay by the early 1980s. Successful repair work began on the 4,600-year-old Sphinx in 1981, but restoration of the pyramids proved destructive when water in modern cement caused adjacent limestone stones to split. On January 12, 1984, restorers stopped using mortar and adopted the system of interlocking blocks practiced by the original pyramid builders. From thereon, the project proceeded smoothly.

The ancient Egyptians built nearly 100 pyramids over a millennium to serve as burial chambers for their royalty. They believed that the pyramids eased the monarchs' passage into the afterlife, and the sites served as centers of religious activity. During the Old Kingdom, a period of Egyptian history that lasted from the late 26th century B.C. to the mid-22nd century B.C., the Egyptians built their largest and most ambitious pyramids.

The three enormous pyramids situated at Giza outside of Cairo were built by King Khufu, his son, and his grandson in the Fourth Dynasty. The largest, known as the Great Pyramid, was built by Khufu and is the only one of the "Seven Wonders of the World" from antiquity that still survives. The largest single building ever erected on the planet, the Great Pyramid was built of approximately 2.3 million blocks of stone and stood nearly 50 stories high upon completion. Its base forms a nearly perfect and level square, with sides aligned to the four cardinal points of the compass.

The Great Pyramid is composed primarily of yellowish limestone blocks and was originally covered in an outer casing of smooth light-colored limestone. This finer limestone eroded and was carried away in later centuries, but the material can still be found in the inner passages. The interior burial chamber was built of huge blocks of granite. It is believed that construction of the pyramid took 20 years and involved over 20,000 workers, bakers, carpenters, and water carriers. The exact method in which this architectural masterpiece was built is not definitively known, but the leading theory is that the Egyptians employed an encircling embankment of sand, brick, and earth that was increased in height as the pyramid rose.

In addition to Khufu's mummy, interior rooms of the pyramid held objects for the deceased to use in the afterlife. Many of these items were valuable, and tomb robbers had long ago robbed the pyramids of their treasures before modern archeologists began studying the structures in the 17th century.

King Khafre, the grandson of Khufu, built the Great Sphinx, which was carved from a single block of limestone left over in a quarry used to build the Pyramids. The Sphinx has the body of a recumbent lion and a human face meant to represent Khafre. There are no known inner chambers in the structure.

2003 NFL PLAYOFFS

SCORES | SCHEDULE | INJURIES | STATISTICS | TEAMS | PLAYERS

SUNDAY'S RESULTS:



COLTS 38



EAGLES 20



CHIEFS 31



PACKERS 17

SATUDAY'S RESULTS:



PATRIOTS 17



PANTHERS 29



TITANS 14



RAMS 23